Prenatal Checklist

NorthShore University HealthSystem Medical Group

4-8 Weeks of Pregnancy

Notes

- ☐ Hospital Affiliation/Delivery Site
- ☐ Educational Materials
- ☐ Hereditary Genetic Screening
- ☐ Aneuploidy Genetic Screening
- ☐ Reasons to call the office/on call
- ☐ EMMI order set
- ☐ Weight Gain recommendations
- ☐ Prenatal Vitamin/Calcium & Vitamin D
- ☐ Exercise in Pregnancy
- ☐ Blood work orders
- ☐ DVT prevention
- ☐ Flu shot

10-14 Weeks of Pregnancy

- ☐ Genetic Screening wishes reviewed
- ☐ Prenatal labs reviewed
- ☐ Initiate Aspirin if indicated
- ☐ Early glucose screening if indicated

14-18 Weeks of Pregnancy

- ☐ Anatomy ultrasound ordered
- ☐ AFP blood test discussed

18-26 Weeks of Pregnancy

- ☐ Mid pregnancy ultrasound results
- ☐ Early glucose testing if indicated
- ☐ Understanding viability
- ☐ Anticipate fetal movement
- ☐ Prenatal Class options
- ☐ Glucose test for gestational diabetes
- ☐ Third Trimester labs
- ☐ Cord blood harvest plans
- ☐ Signs of preterm labor

26-30 Weeks of Pregnancy

Notes

- [ ] Hospital Labor and Delivery Tour
- [ ] Choosing a pediatrician
- [ ] Hospital pre-registration
- [ ] Insurance pre-certification
- [ ] Delivery mode/schedule?
- [ ] Contraceptive plans
- [ ] TDAP vaccine
- [ ] Rhogam if indicated
- [ ] Depression screening
- [ ] Travel Restrictions
- [ ] Sexual activity
- [ ] Fetal activity awareness
- [ ] Scheduling remainder of visits

30-32 Weeks of Pregnancy

- [ ] Signs of preterm labor
- [ ] Importance of kick cts
- [ ] NSTs if appropriate
- [ ] Pain management in labor
- [ ] Possibility of instrumented delivery and/or Cesarean delivery
- [ ] Perineal integrity/episiotomy

32-40 Weeks of Pregnancy

- [ ] Preparation for lactation, breast care
- [ ] Order breast pump
- [ ] Anticipated hospital stay
- [ ] Practice call schedule
- [ ] Baby car seat
- [ ] Home help
- [ ] Circumcision education
- [ ] Group B Strep Culture
- [ ] Confirm Cephalic at term
- [ ] Packing bag for hospital
- [ ] Birth plan/wishes
- [ ] Discuss post-term management